












# Tulare County Employee Wellness Program

## December 2015

### “Mental Health Awareness”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>MOVEMBER CHALLENGE</b> SUBMIT YOUR BEFORE AND AFTER SELFIE (PICTURE) TO <a href="mailto:OEHEALTH@CO.TULARE.CA.US">OEHEALTH@CO.TULARE.CA.US</a> 	<b>2</b>	<b>3</b> <b>Healthy Sleep Habits</b>  Learn about sleep hygiene, how to prepare yourself for a restful night's sleep, and when to seek medical help for sleep issues. Listen now by clicking on the link below: <a href="#">Healthy Sleep Habits</a>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>Tension Headaches</b>  This podcast describes tension headaches; what to do when you have one, and how to decrease your chances of having one. Listen now by clicking on the link: <a href="#">Tension Headaches</a>	<b>9</b>	<b>10</b> <b>Tame Your Stress</b>  Being constantly stressed can lead to work, family and health problems. See how to find time to enjoy activities and manage stress. Watch the live video by clicking on the following link: <a href="#">Watch Video</a>	<b>11</b>	<b>12</b>
<b>13</b> <b>SJ VIA WELLNESS</b> <b>“Weigh 2 Win”</b> <b>Challenge Ends</b>	<b>14</b>	<b>15</b> <b>WEBINAR</b> <b>“Creating a Personal Development Plan”</b> 9:00 AM or 11:00 AM See page 2 for more information	<b>16</b>	<b>17</b> <b>The Blues, Depression, &amp; Ways to Cope</b>  Occasional blues and how this differs from depression; when to seek help. Watch the live video by clicking on the link below: <a href="#">Watch Video</a>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>  Christmas Holidays County Holiday!	<b>25</b>  Christmas Holidays County Holiday!	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  Happy New Year!!! County Holiday!	<b>January 1</b>  Happy New Year!!! County Holiday!	



## Put yourself in the driver's seat

When life gets a little out of control

There may be times when you feel like your life is out of control due to a lot of change that's happening all at once. Well, you're not alone. When we become overwhelmed, it can be difficult to make decisions — and making good decisions is nearly impossible. You may not feel like you're in control of anything, but this is your chance to steer yourself in the right direction. This is when it's time for you to ask for help.

### Consider a counselor

Professionally licensed counselors give helpful advice and tips for solving problems. They can help with all different areas including spiritual, relationships, work, education and mental or physical health needs. Seeing a counselor means finding a caring ear and a wise voice.

### There are many ways to find the right counselor for you

Counselors work through independent practices, community agencies, health care organizations, employee support programs and treatment centers. You should be just as careful choosing the right counselor as finding the right medical doctor. So it's important to ask some questions:

- Are you licensed?
- What is your area of expertise or focus?
- How much training have you had dealing with my type of worries?
- What is your approach or process when working with clients?
- How many sessions do most clients with my type of concerns need?
- What type of health care coverage do you take and what are your insurance and billing rules?

### Don't be afraid to open up and share your private thoughts

During your first visit, share information about your reasons for finding help. Listen to the counselor's initial thoughts on how to go about dealing with your concerns. Then use it as a chance to decide if the fit is right. If you're not happy, don't be shy about looking somewhere else. After all, you're in the driver's seat.

## WEBINAR: "Creating a Personal Development Plan"

Learn to recognize types of goals and understand effective goal setting. Look at the potential obstacles that can create barriers to reaching your goals.

**Date: December 15, 2015**

**Time: 9:00 AM or 11:00 AM**

**To register**, go to [www.anthem.eap.com](http://www.anthem.eap.com) and log in as a member, using the code, **County of Tulare**. Sign up by going to Online Seminars on the right side of the landing page.



**Anthem® EAP**

## Employee Assistance Program Completely Confidential

Anthem's Employee Assistance Program (EAP) is completely confidential and provides information, support, and referral services designed to help meet the challenges of modern life. As an employer-sponsored program, EAP services are available to **employees and their household members** at no additional cost to them. Areas frequently addressed by the EAP include:

- Child care and parenting
- Helping aging parents
- Financial issues
- Legal concerns
- Work and career
- Emotional well-being
- Addiction and recovery
- Wellness and prevention
- Concierge and convenience services
- Life events

Resources are available via the EAP website [www.AnthemEAP.com](http://www.AnthemEAP.com). You can login using the password, *County of Tulare* to view services or set up an account. To search for a provider you can set up an account by clicking on the link: [Anthem EAP Provider Search](#) and register for Anthem EAP Services online. You can also utilize the EAP services by calling the toll-free EAP telephone number 1-800-999-7222.



## “Wellness Works” Program

*If you are enrolled in the SJVIA Health Plans, you are eligible to participate in the “Wellness Works” program. The program kicked off on January 1, 2015 and will conclude on December 31, 2015. Participants that reach 200 points by 12/31/2015 will earn a \$50 incentive.*

In January 2015, County of Tulare and the SJVIA partnered with Viverae, a wellness program provider, to provide you with the tools you need to take care of your most important resource—your health!

“Wellness Works” has delivered a custom experience for each participant through a secure website that offers a variety of health tools, such as risk assessments, nutrition, physical activity trackers, and educational resources that made participating in the wellness program easy and fun!

As part of “Wellness Works” you were able to participate in online wellness challenges including our annual “Walking Works Challenge” held in May.

Participants have been able to create custom challenges for themselves and their friends, co-workers, department, and or their unit. Viverae gives participants the ability and freedom to track your health the way you want to!

Throughout the duration of this program, participants earned points by partaking in the **FREE** activities offered throughout the year. Participants who earn a total of **200 points** by **December 31, 2015**, will be eligible for a **\$50 incentive**. The \$50 incentive will be added as taxable income to one paycheck in 2016 (paycheck date to be determined at a later date).

Below is a list of some of the activities offered in 2015 by County of Tulare, SJVIA, and/or Viverae:

- Weight Watchers At Work
- Biometric Screenings
- Be Active Challenge
- Mammography Screenings
- Online Seminars
- Step Ahead Challenge
- Onsite Fitness Classes
- Walking Works! Challenge
- 15 For Me Challenge
- Onsite Yoga Classes
- Weigh 2 Win Challenge
- Movember Challenge



**It's not too late to participate! Login and earn points: [www.SJVIAWellnessWorks.com](http://www.SJVIAWellnessWorks.com)**